It's Time to Check Out Robertson College.
Call 587.794.4476 or visit robertsoncollege.com to get started!
ROBERTSON COLLEGE

Calgary metro

Your essential daily news | TUESDAY, AUGUST 11, 2015 | High 29°C/Low 14°C Partly Cloudy

LOVE TO RUN
TIPS FROM LENA DUNHAM'S COACH
metroLIFE

Last December's Geminid meteor shower as shot by professional photographer Neil Zeller.

METRO GUIDES YOU TO THE 5 BEST SITES TO VIEW (AND CAPTURE) THE PERSEID SHOWER metroNEWS

Meet the super-duper Urdu mom

DIVERSITY

Pakistani mother blogs to help families keep culture

Aaron Chatha
Metro | Calgary

Language is the gateway to culture, and culture is what Tamania Naqi is trying to preserve through her online alter ego, Super Urdu Mom.

Originally from Pakistan, Naqi started a blog to chronicle the ways she is teaching her four-year-old daughter, who was born in Canada, about Urdu language and culture.

"Parents in Pakistan take it for granted," she said. "Kids learn the language by talking to grandparents or talking to neighbours. Now, we have to provide that environment for her."

According to the 2011 census, Urdu is among the 10 most common mother tongues spoken in Calgary.

So it's no surprise Naqi's blog has taken off with other Urdu parents. What's unexpected, however, is that English-speaking families have also been watching the videos Naqi posts, in which she reads Urdu children's stories.

"I have a neighbour, she's Canadian; I do these Urdu stories on my blog and her children listen to it," Naqi explained.

"She says, 'I want to expose them to another language, because of the advantages of being bilingual, they are so well established.' Exposing a child to another language is so good for their early brain development."

More coverage, page 7

Proud recipient of the AJAC Award for 2015 Best New SUV-CUV ($35,000-$60,000).
www.ajac.ca
Automobile Journalists Association of Canada
TOYOTA
toyota.ca

HURRY!
OFFER ENDS
SEPT. 18

Join RBC. Enjoy better banking.

iPad mini 2

Get a Complimentary iPad mini 2*

Join RBC and we'll give you an iPad mini 2, so you can enjoy a better banking experience.

Open a new all-inclusive banking account and get great features like no minimum balance requirements, free† *Interac*‡ e-Transfers, and non-RBC ATM fee refunds in Canada^. Plus, you can bank conveniently with the RBC® Canada app available in the App Store.

It's back until September 18, 2015.

Visit rbc.com/getipad or call 1-866-864-9755

RBC®

*Conditions apply. To get an iPad mini 2, you must be a new eligible personal client, open either an RBC Signature No Limit Banking account or RBC VIP Banking account during the promotional period, and complete criteria by October 19, 2015. Offer available from August 6, 2015 to September 18, 2015 but may be changed or withdrawn at any time without notice. Clients who received the iPad mini in 2014 or iPad mini 2 in the 2015 campaign that ran between April 30th and June 15th are excluded. †RBC Signature No Limit Banking account includes 15 *Interac*‡ e-Transfers per monthly cycle. RBC VIP Banking account includes unlimited *Interac*‡ e-Transfers. Other conditions and restrictions apply. ^RBC will refund the *Interac*‡ network access fee up to a maximum of three (3) refunds per monthly cycle, if used, for RBC Signature No Limit Banking (SNL) accounts and unlimited times for RBC VIP Banking accounts. ATM operator surcharge (also called a convenience fee) may be charged by other ATM operators and added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee and is added directly to the amount of your cash withdrawal. All clients who use non-RBC ATMs may be charged a convenience fee regardless of the type of account they hold. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡All other trademarks are the property of their respective owner(s).

metro NEWS

Your essential daily news

Astronauts chow down on lettuce grown in space. **World**

IN BRIEF

Clarification: Peace Bridge FOIP request

The story published Monday about damage to the Peace Bridge was based partially on a freedom-of-information (FOIP) request Metro made after inquiring verbally about the cause of cracks in glass panels.

Officials in the transportation department told Metro they believed it was due to vandalism, but police said they had no record of a vandalism complaint.

Metro filed the FOIP request after that. METRO

Photo released of Canmore child-assault suspect

Police in Canmore released a photo Monday of a man wanted in connection to an assault on a young girl the week before.

Police want help identifying this man. HANDOUT

Police allege the man told the girl his cat had recently given birth to kittens.

When she went to see, the man grabbed her around the waist and put his hand over her mouth, police said. The girl struggled and was able to flee.

The suspect is described as white and between 18 and 20 years old. He's believed to be between five-foot-10 and six-foot-two.

Anyone with relevant information is asked to contact the Canmore RCMP at 403-678-5516. METRO

Community gardens wilt under heavy hail

INGLEWOOD

Weather cuts expected food donation by 2,000 pounds

Helen Pike
Metro | Calgary

If you love and nurture your garden it will grow but, as many Calgarians found out last week, Mother Nature works in mysterious ways.

After a rush-hour hailstorm pelted cars, streets and yards with giant pieces of ice, many expertly crafted and well loved gardens turned from lush, green abundance to sad, flattened plots.

"There was about a 10-minute warning and we did not realize that at that point," said Julia Hinman, chairwoman of the Inglewood community garden. "We were just there watching the devastation; psychologically it's a little bit stressing. I mean it's not the end of the Earth, but when you put so many hours in, it's a labour of love."

She said normally the Inglewood garden produces about 3,000 pounds of food, which they donate to various organizations at the end of harvest.

This year, however, after the cleanup, they've managed to scrounge up 1,000 pounds of food which they will be giving to their cause, Discovery House, which serves primarily women and children.

"If things had not gone awry with the hailstorm it probably would be double that at this point because we were having a stellar year," Hinman said.

The popularity of community gardens in Calgary has grown over the years to include more than 145 plots producing plants and edibles, some bound for donation and others to be shared among gardeners, themselves.

The Calgary Food Bank hasn't heard much about community gardens who usually donate food not being able to deliver this year because of the storms.

Shawna Ogston with the Food Bank said they are basically playing a waiting game to find out who has been affected by the roller coaster of weather, adding most donations come in the form of root vegetables, which tend to be OK after a storm.

She noted that, from her understanding, Grow Calgary, which last year produced 4,070 pounds of food for the food bank, wasn't affected by the storms.

Martha Butler empties a wheelbarrow of damaged and dead vegetation into a pile at the Inglewood Community Garden. LUCIE EDWARDSON/METRO

ASK AN EXPERT

If you need help reviving your garden, ask an expert from the horticultural society by emailing garden@calhort.org.

INQUIRY

Death of baby a 'medical mystery'

A judge says an Edmonton foster mother did nothing that contributed to the death of a baby in her care four years ago.

Four-month-old Delonna Sullivan was found unresponsive in a bassinet on April 11, 2011, six days after social workers placed her in the foster home.

An autopsy found the infant was healthy and the cause of her death was listed as unexplained.

Provincial court Judge Steven Bilodeau made no recommendations in his fatality inquiry report.

He says the baby had been sleeping in a safe manner and was being properly supervised.

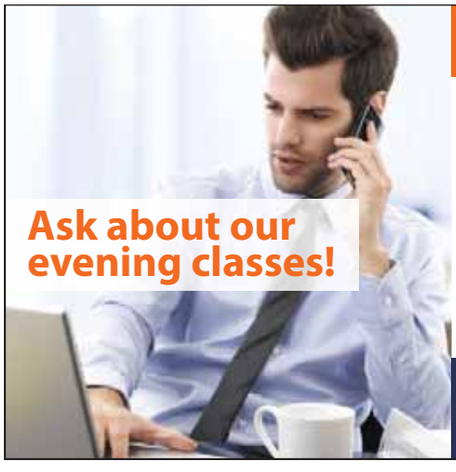
The foster mother testified she had checked on the baby several times and was listening on a monitor.

"It is a medical mystery why this happens," wrote the judge. "She happened to be in the good care of a foster parent at the time this occurred."

Jamie Sullivan went to court a few months after the death of her daughter and convinced a judge to lift an automatic publication ban on the child's identity.

THE CANADIAN PRESS

"In conclusion, this otherwise healthy baby died for an unexplained reason."
Judge Steven Bilodeau



OFFICE ADMINISTRATORS IN ALBERTA EARN A MEDIAN WAGE OF **$23.75/HR*!**

Gain the experience and versatility that can take you into any field with the **Business Administration Management** program. Apply today and you can earn your diploma in less than a year!

Financial assistance may be available to qualified applicants.

*Source: jobbank.gc.ca

CDI College also offers programs in:
- Accounting & Payroll Administration
- Addictions & Community Services Worker
- Dental Assisting
- Hospitality Business Management
- Medical Office Administration
- Oil & Gas Administration
- Paralegal
- And More!

1 800 360 7186 study.cdicollege.ca
Three campuses in Calgary to better serve you!

CDI college

Lawsuit dismissal offers hope

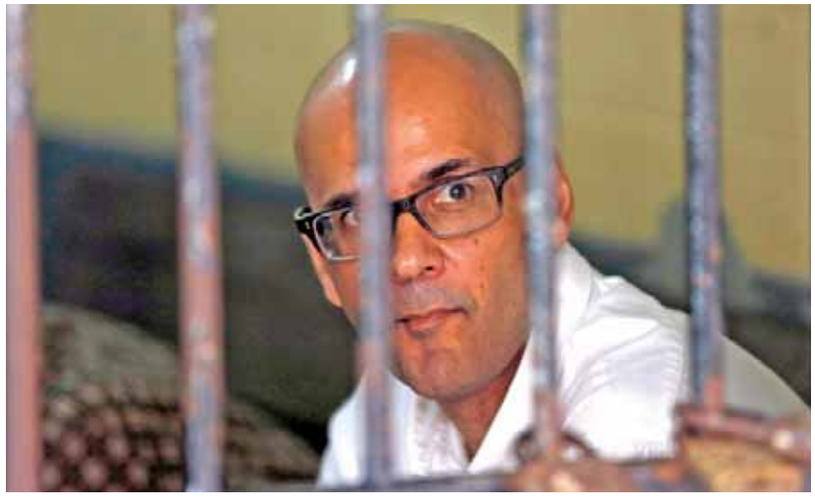
INDONESIA

Canadian appealing sexual abuse conviction

An Indonesian court's decision to dismiss a multimillion-dollar lawsuit against an elite international school is an encouraging sign for a Canadian teacher accused of abusing students while working there, his family said Monday.

Guy Bantleman said the reasons for dismissing the $125-million US civil action will be hard to ignore by courts reviewing his brother Neil's appeal of a highly controversial sexual abuse conviction.

Neil Bantleman and a colleague at the Jakarta Intercultural School were accused of sexually abusing three students in 2014. Both Bantleman and Ferdinand Tjiong were convicted in April after a trial that raised international ire for presenting inconsistent and sometimes contradictory evidence.



Canadian teacher Neil Bantleman is shown sitting inside a holding cell in Jakarta, Indonesia, on March 12. Bantleman is appealing his conviction for sexually abusing three students at the Jakarta Intercultural School. DITA ALANGKARA/THE ASSOCIATED PRESS

Bantleman is appealing his 10-year prison sentence, and his brother believes Monday's related court decision could prove helpful in his bid to return home.

The suit filed by a student's parents did not name Bantleman directly, but did allege repeated sexual abuse at the school where he was once employed.

Guy Bantleman said the judge dismissed the suit on a technicality, saying the plaintiffs should have named all possible defendants when they brought the suit forward.

But it's a subsequent set of comments that's of greatest interest to Guy Bantleman and other family members monitoring the case.

"They went on to say that the plaintiff had not proven that any of the alleged abuses had actually taken place," Guy Bantleman said in a phone interview. "This is, ironically, the same court that sentenced Neil back in April."

This marks the second muted legal victory for Bantleman in as many weeks.

Earlier this month, a Singapore court ruled that one of the parents accusing Bantleman had defamed him, his colleague and the school that employed them.

The court ruled that allegations of sexual abuse could not be proven and ordered the parent to pay a total of nearly 230,000 Singapore dollars ($219,000 Cdn) in damages. The case was handled in Singapore because many of the initial allegations were made via emails, texts and other digital communications sent from that country.

Guy Bantleman said Monday's court ruling is a positive sign for his brother's appeal, which is expected to be resolved by the end of the month.

"I think this all has to bode well for Neil, he said."

THE CANADIAN PRESS

BURNCO

Locked-out workers hit picket line

More than a dozen employees from a Calgary company that makes paving asphalt and ready-mix concrete have hit the picket lines after being locked out.

Teamsters local 362 has been negotiating a new contract with Burnco and were to vote on a proposal later this week.

Doug Dodd, representing the union for drivers, says he doesn't know why the company chose to lock out workers before the vote.

He says seniority has been a big issue in talks and he suggests the move is a pressure tactic.

A statement from Burnco says the lockout decision was made after workers voted on July 30 in support of a strike.

The company says both sides need to work together to find a solution, especially during challenging economic times.

Dodd said there's been no progress in talks for the last week, even though the union has been trying to negotiate.

THE CANADIAN PRESS

Fringe Fest falls just short of attendee goal

Jeremy Simes
For Metro | Calgary

Despite last week's destructive storms, the Calgary Fringe Festival still saw some resilient Calgarians make their way out to shows during the worst of the weather during the nine-day event.

Whether you blame it on the rain, flooded streets or hail, director Michele Gallant said the festival was just shy of its goal to break the 10,000-attendee mark.

"We didn't reach it, but that's OK," she said, adding ticket sales still grew slightly.

In fact, Gallant said she had to refund only one ticket last Tuesday — the ticket holder couldn't make it through the then-engulfed Memorial Drive.

Otherwise, festival-goers who made it during the storm cozied up in blankets or heavy sweaters, Gallant said.

"I was just like, 'Oh the resilience of Calgarians — love it,'" she said. "In terms of (the poor weather), it was still really great."

She said the storm didn't damage the grounds, despite a few posters that came loose and took a beating from the hail.

Some Calgary Fringe Festival patrons braved last week's hail storms and came out to see events, but organizers say the weather didn't help attendance overall. CONTRIBUTED

"That was the worst of it. Those tents were rock-solid," Gallant said. "We were high and dry."

Even the performers made light of the situation.

Gallant said one show, in particular, incorporated the storm's booming noises into its act, becoming quite the crowd-pleaser.

Once the storms subsided, the sun — and the crowds — soon came out, returning attendance numbers back to normal, Gallant said.

"The feedback that we heard from everybody was that they really enjoyed it," she said. "Everybody is so looking forward to coming back again next year."

"I'm so impressed with the resilience of Calgarians," she added. "That was just really cool to witness that."

CHEVROLET

CANADA WIDE CLEARANCE

ALL 2015 MODELS ARE PRICED TO MOVE

0% PURCHASE FINANCING FOR 84 MONTHS* ON SELECT MODELS

PLUS

ELIGIBLE CUSTOMERS RECEIVE UP TO $1,500 IN OWNER CASH††

2015 SPARK

2015 TRAX

2015 SONIC LS 1SA

2015 EQUINOX LS AWD

2015 CRUZE LS 1SA, Diesel

2015 TRAVERSE

2015 MALIBU 3LT

0% PURCHASE FINANCING FOR 84 MONTHS*

ON ALL THESE MODELS

2015 VOLT

2015 IMPALA

2015 COLORADO 2WD

2015 CAMARO 1LS, 2LS

2015 SILVERADO HD WT GAS

2015 SILVERADO 1500 DOUBLE CAB WT & CREW CAB 1WT, LS

COME IN TODAY FOR THE BEST SELECTION.

ALL 2015s COME WITH CHEVROLETCOMPLETE CARE:

- **2** YEARS/40,000 KM COMPLIMENTARY OIL CHANGES**
- **5** YEARS/160,000 KM POWERTRAIN WARRANTY**
- **5** YEARS/160,000 KM ROADSIDE ASSISTANCE^^

CHEVROLET

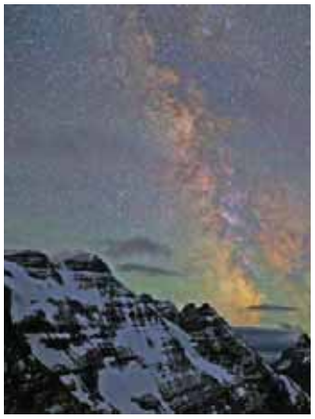
FIND NEW ROADS™ / AlbertaChevrolet.com

ON NOW AT YOUR ALBERTA CHEVROLET DEALERS. AlbertaChevrolet.com 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. Offers apply to the finance of a 2015 Spark, Sonic LS 1SA, Cruze LS 1SA & Diesel, Malibu 3LT, Volt, Impala, Camaro 1LS & 2LS, Trax, Equinox LS AWD, Traverse, Colorado 2WD, Silverado 1500 Double Cab 1WT and Crew Cab 1WT/LS and Silverado HD's WT with gas engine. License insurance, registration, administration fees, dealer fees, PPSA and taxes not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Offers apply to qualified retail customers in Alberta Chevrolet Dealer Marketing Association area only. Dealer order or trade may be required. * Offer available to qualified retail customers in Canada for vehicles delivered from July 30th and August 31st, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on all new or demonstrator 2015 Spark, Sonic LS 1SA, Cruze LS 1SA & Diesel, Malibu 3LT, Volt, Impala, Camaro 1LS & 2LS, Trax, Equinox LS AWD, Traverse, Colorado 2WD, Silverado 1500 Double Cab 1WT and Crew Cab 1WT/LS and Silverado HD's WT with gas engine. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $40,000 at 0% APR, the monthly payment is $397.62 for 84 months. Cost of borrowing is $0; total obligation is $40,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC, applicable taxes and dealer fees not included. Royal Bank of Canada. †† Offer applies to eligible current owners or lessees of any Chevrolet car, SUV, crossover and pickup models delivered in Canada between July 30th and August 31st, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS); $750 credit available on others Chevrolet (except Colorado 2SA, Camaro 2SB, Malibu LS, Silverado 1500 and Heavy Duty); $1,000 credit available on all Chevrolet Silverado's. Offer applies to eligible current owners or lessees of any Pontiac/Saturn/SAAB/Hummer/Oldsmobile model year 1999 or newer car or Chevrolet Cobalt, HHR, Avalanche, Aveo, Epica, Orlando, Optra, Tracker, Uplander, Venture, Astro, Blazer, Trailblazer or GMC Envoy, Jimmy, Safari or Buick Rendezvous, Terraza that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet car, SUV, crossover and pickup models delivered in Canada between July 30th and August 31st, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on other eligible Chevrolet vehicles (except Chevrolet Colorado 2SA, Camaro Z28, and Malibu LS). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ** The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased or leased a new eligible 2015 MY Chevrolet (excluding Spark EV), with an ACDelco® oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ^^ Whichever comes first. See dealer for details.

5 PLACES TO WATCH THE PERSEID METEOR SHOWER

Calgary-based photographer Neil Zeller loves taking photos of the night sky. Here, he shares some of the best places to take in the Perseids, expected to be at their peak on Tuesday, Wednesday and Thursday nights. He says the best viewing is between midnight and pre-dawn, looking toward the northeast sky.

NEIL ZELLER FOR METRO



1 Rocky Mountains

The night sky as seen from Abbot Pass, the boundary between Yoho National Park and Banff National Park. Anywhere in the mountain national parks is great for star photography. **Robson Fletcher/Metro**

2 Provincial parks

Big Hill Springs Provincial Park offers relatively dark skies and beautiful landscapes, and it's only a 45-minute drive from downtown Calgary. **Robson Fletcher/Metro**

3 The Prairies

A woman watches the northern lights from behind a barbed-wire fence near a farm north of Calgary. Alberta's prairies are incredibly dark and afford wonderful, expansive views of the dark skies. **Robson Fletcher/Metro**

4 Big Sky Observatory

Located about 50 kilometres southeast of High River, this observatory is holding a public meteor-watching event on Wednesday night starting at 8 p.m. **Big Sky Observatory/Contributed**

5 Within the city limits

The night sky, as seen from Shaganappi Point Golf Course in Calgary. Even if you can't leave Calgary, there are many dark parks within the city limits that will allow you to see the brighter meteors. **Robson Fletcher/Metro**

LARGEST TRADITIONAL CHINESE MEDICINE CLINIC

YEARS OF EXPERIENCE

Our team of professionals blends the best aspects of TCM with western medicine to provide a holistic, balanced approach to treating patients.

ACUPUNCTURE

- Pain
- Anxiety
- Insomnia
- Depression
- Tinnitus
- Menopause
- Infertility
- PMS
- MS
- Allergies
- Cancer care
- Gout
- Rheumatoid Arthritis
- Irritable bowel syndrome
- Children's myopia

AESTHETIC ACUPUNCTURE:

- Weight loss, cellulite
- Healthy, not rebound, integrated program to reduce fat cells 10%
- Hair loss
- Acne
- Facial rejuvenation
- Height increase

THERAPEUTIC MASSAGE $59.99/1 HR FIRST TIME

CHINESE THERAPEUTIC REFLEXOLOGY $55/ HR

WEEKLY PROMOTION RA FREE CONSULTATION

MASSAGE

TUI NA MASSAGE THERAPY

Important technique for treating and preventing diseases.

- Tui Na massage
- Pediatric massage
- Reflexology
- Deep tissue massage
- Infrared sauna
- Hot stone massage

GREEN LEAF HEALTH CENTER

GREENLEAFHEALTHCENTRE.COM 1612 CENTRE ST NE 403.592.8509

Visit our website! bigmoptical.com

TWO FOR ONE SALE

ALL FRAMES IN-STORE

Single vision lenses & frames 2PR $199

Bifocal lenses & frames 2PR $309

Multifocal lenses & frames 2PR $349

FREE SITE TESTING *With Purchase

Direct Claim Submissions To Most Insurance Companies

Seniors & Social Service Recipients Welcome

Big M OPTICAL

#5, 3012 17th AVE SE

403-248-8448

Inside Shoppers Drugmart

Tamania Naqi keeps Urdu culture alive in her home through books, decorations, recipes and films. AARON CHATHA/METRO

Mom's Urdu blog all for her children

HERITAGE

Calgarian keen to split kids' values between here, Pakistan

Aaron Chatha
Metro | Calgary

Tamania Naqi uses her blog Urdu Mom to talk about the ways she is teaching her young daughter and infant son about Urdu culture.

To her, it's not about rejecting Canadian values, but finding a harmony with them.

"You want to be part of this society and community, but you also want to have your own identity," she said.

"Home for me now is both Islamabad (Pakistan) and it's also Calgary. So when I'm here in Calgary, I'm always talking about back home in Islamabad. But when I visit Islamabad, I'm talking about Calgary.

"Home becomes two places, both of which are very dear to you."

For her children, who were born in Canada, she realized they were losing a part of their heritage.

Naqi and her husband, having learned English as part of their education in Pakistan, mostly spoke English at home. As her daughter began preschool, she realized she wanted her daughter to know more about her roots. On her blog, she shares recipes, book titles, and experiences with her daughter.

In a recent post, she writes about taking her daughter to watch a popular Pakistani movie playing in Calgary. As it started, her daughter related the tension between two siblings on-screen to that of Anna and Elsa from the movie Frozen.

Naqi said the film, with its Pakistani princesses, had a huge impact on her, as it makes a difference to have heroes that look like her, and that she can relate to. While Western media has made improvements by adding more diverse characters to their casts, there is still a long way to go, she said.

One day Naqi hopes to write children's books of her own, but for now her writing efforts are focused on her blog, which can be found at urdumom.com.

"You want to be part of this society and community, but you also want to have your own identity."
Tamania Naqi, creator of Urdu Mom blog

ENGLAND

Former Alberta ballet dancer killed in crash

A former Alberta Ballet dancer killed in a motorcycle crash in London, England on Sunday is being remembered as an "exceptional" dancer who had a major impact in his field worldwide.

Jonathan Ollivier, 38, was killed Sunday after his motorcycle collided with a car.

Reports say he was on his way to his final performance of The Car Man, in which he was a principal dancer.

Ollivier was a principal dancer with the Alberta Ballet from 2007 to 2009.

"Jonathan was exceptional from the minute he arrived," Alberta Ballet artistic director Jean Grand-Maître said. "He was a great dancer, an amazing friend, and everyone loved him very much. He loved the teamwork of dance, and that's why he was so beloved."

Police in London said the driver of the car that collided with Ollivier was arrested on suspicion of causing death by dangerous driving.

Matthew Bourne, whose company, New Adventures, is putting on The Car Man, described Ollivier Monday as "one of the most charismatic and powerful dancers of his generation."

He leaves behind a wife and son.

METRO/THE CANADIAN PRESS

Jonathan Ollivier TWITTER

IN JUST 5 MONTHS
BEGIN A REWARDING CAREER AS A
HEALTH CARE AIDE
EVENING & WEEKEND PROGRAMS
ABES.CA
ALBERTA BUSINESS & EDUCATIONAL SERVICES
13 CERTIFICATE PROGRAM INCLUDING
• GOVERNMENT OF ALBERTA HEALTH CARE AIDE
• ST. JOHNS AMBULANCE [FIRST AID, CPR, AUTOMATED EXTERNAL DEFIBRILLATOR]
• SUPPORTIVE PATHWAYS, FOOT CARE, DIABETES, MEDICATION ADMINISTRATION, FOOD SAFE, WHIMIS, PALLIATIVE CARE
• BEST FRIENDS ALZHEIMER'S SOCIETY CERTIFICATE
• 3 CLINICAL PLACEMENTS [HOSPITAL PLACEMENTS AVAILABLE]
HELPING PEOPLE TRANSFORM THEIR LIVES THROUGH EDUCATION
CALL TODAY 1.877.300.6280 ABES.CA

Harper ramps up defence on anti-terror initiatives

ELECTION 2015

Tory leader slams rival Opposition as misguided

The Liberals and the NDP would fight insurgents overseas by doing little more than "dropping aid on dead people," Stephen Harper said Monday as he doubled down on the Conservative party's tough-on-terror strategy.

With this week's return of Mike Duffy promising another barrage of banner headlines and awkward campaign-trail questions, Harper struck a defiant tone as he defended putting Canada front and centre in the global fight against militants in Iraq and Syria.

He showed a softer side, promising to take in 10,000 more refugees from both countries over the next four years and to spend $90 million to help protect artifacts and places of worship from the Islamic State of Iraq and the Levant (ISIL).

But when talk turned to Canada's aggressive military approach, Harper's language grew sharp as he described how ISIL was engaged in "mass slaughter at an alarming, lightning pace" when the Conservative government got involved.

"If your policy is humanitarian assistance without military support, all you're doing is dropping aid on dead people," he said during a campaign stop in Markham, Ont., describing the position of "diaspora groups" in Canada.

"That's not acceptable. We're a country that can contribute militarily and in a humanitarian sense, and we are doing both."

Harper brushed off the criticisms of NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau, who have rejected military action and called for Canada to stick to providing humanitarian aid.

Offering safe haven to refugees simply isn't enough, he added.

When asked about his eyebrow-raising promise Sunday to impose an outright ban on travel to regions controlled by terror groups, Harper repeated the day's sound bite of choice, saying such travel is "not a human right."

That's political posturing, Trudeau scoffed during a morning event in Montreal, calling the idea a distraction meant to draw attention away from the Conservatives' dismal economic record.

"Canada is a country that respects people's rights," Trudeau said.

NDP Leader Tom Mulcair began the day in Toronto, attending a book-signing event that had been scheduled long before the election campaign was.

Friendly protesters armed with banners stood up and confronted the NDP leader about his position on the Energy East pipeline, demanding to know if he would oppose the project if it proved incompatible with national action on climate change.

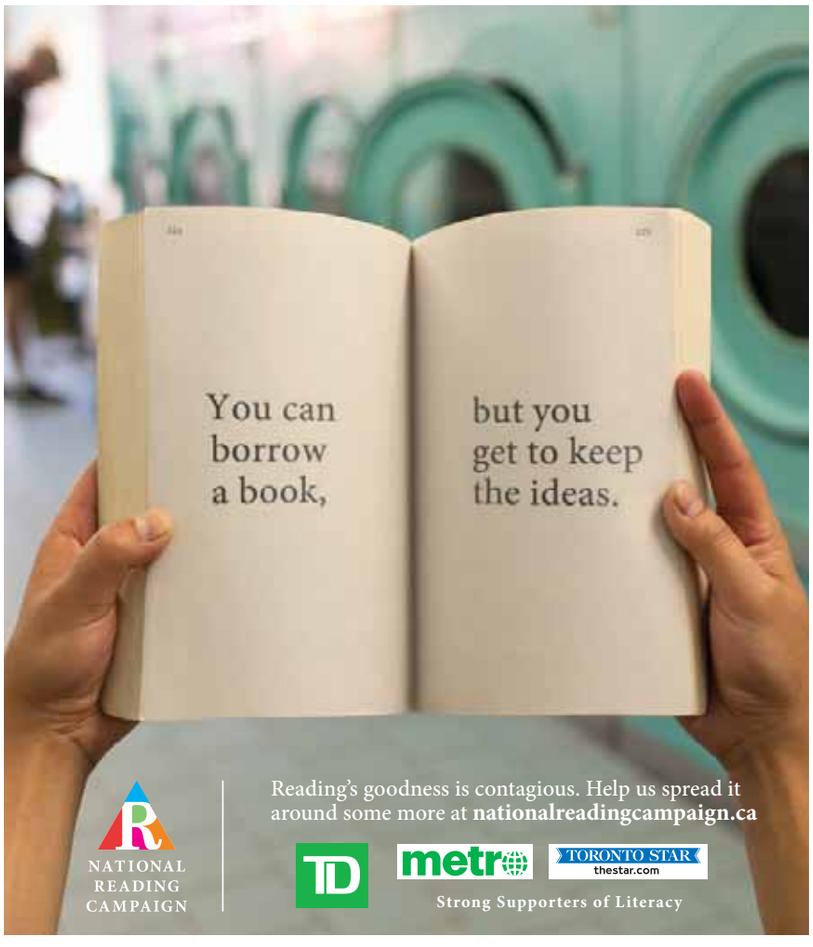
Sure, Mulcair replied.

"That's what the whole purpose of coming in with a new system is to make sure that we take into account climate change whenever we analyze a project."

THE CANADIAN PRESS

NDP Leader Tom Mulcair speaks before signing copies of his new book Strength of Conviction in Toronto on Monday. Politics followed Mulcair at the event, as protesters demanded to know his stance on the Energy East pipeline.

GALIT RODAN/THE CANADIAN PRESS


You can borrow a book,
but you get to keep the ideas.
NATIONAL READING CAMPAIGN
Reading's goodness is contagious. Help us spread it around some more at nationalreadingcampaign.ca
TD
metro
TORONTO STAR thestar.com
Strong Supporters of Literacy

VANCOUVER

Reporter accepts kisser's apology

Emily Jackson
Metro | Vancouver

CBC reporter Megan Batchelor has accepted an apology from the teen that ambushed her live broadcast to kiss her cheek and take a selfie at the Squamish Valley Music Festival.

Batchelor, who filed a report with Squamish RCMP about the Friday incident that left her angry and embarrassed, spoke with the 17-year-old Saltspring Island resident Daniel Davies after he reached out to her on Monday.

> **This is a conversation that needs to be happening.**
> Megan Batchelor

"He's utterly embarrassed, totally remorseful, and he said all the things we wanted him to say," she told Metro on Monday.

And Davies owned up to what happened. Speaking to Batchelor on a clip that aired on CBC radio, Davies' voice shook with emotion as he apologized.

"I was reading a lot of comments saying that things do happen at festivals, but I don't think that is right at all. Honestly, I think at the moment I thought it was a joke, then I stepped in your shoes. That's when I kind of realized that it all was not a joke at all," Davies said. "That's your career. It's also your body, and you have complete control over that and without anyone else's consent, they do not have the right to do anything to anyone.

"I wish I understood that before I did it, but like I said, I made the mistake already and I want to make the best of the situation."

Batchelor is relieved Davies is taking the incident seriously. The complaint is in the RCMP's hands, but she told CBC she does not want to see him end up with a record.

The negative reactions to her decision — many accuse her of overreacting — reinforce how serious the situation is, she said.

"I'm not offended by a kiss on the cheek, I'm not a prude. I'm offended that someone felt like it was OK for someone to bombard me while I'm doing my job," she said.

SALT SPRING ISLAND

Elders to tear down home on sacred site

Crews will soon deconstruct a partially built home on a sacred burial site off Salt Spring Island, B.C., after a multimillion-dollar deal with the landowner.

Construction on a Grace Islet house started last fall after the landowner got the necessary permits, but First Nations raised concerns about the historical significance of the area.

Work stopped in December, and the land was transferred to the Nature Conservancy of Canada after the B.C. government paid the landowner $5.45 million.

Linda Hannah, the nature conservancy's regional vice-president, said Monday that the house was at the framing stage when the order to stop work was issued.

She said cultural workers will be at the site to ensure that 16 cairns beneath the foundation are not disturbed.

Hannah said elders from eight First Nations will provide guidance on the deconstruction process in an area that is also known for its 200-year-old juniper, Garry oak and Douglas fir trees.

Chief James Thomas of the Halalt First Nation in Chemainus said he and other leaders approached the province and the Capital Regional District when they became aware of the project in 2012.

However, he said B.C.'s Heritage Conservation Act, which is supposed to protect archeological sites, seemed to lack any power when it came to stopping the construction on Grace Islet.

"They just kept moving forward with it even though we were fighting it and showing it was an actual burial site," he said.

"We were trying to block the barge from coming in with timber and everything to build it," he said.

Cowichan Tribes Chief William Seymour said the First Nation is pleased that the matter has now been resolved through collaboration with the provincial and local governments.

THE CANADIAN PRESS

WHO'S THERE?

The eight First Nations do not know whose ancestors are buried at the site in question, said Chief James Thomas, adding: "Different tribes would use that area for hunting and fishing."

A police officer secures the scene of a shooting on Parliament Hill, Wednesday, Oct. 22, 2014. ADRIAN WYLD/THE CANADIAN PRESS

Shooting report released

OTTAWA

City reverses decision to censor Oct. 22 attack findings

Steve Rennie
Metro | Ottawa

There were not enough security guards on duty to quickly lock down Ottawa City Hall the day a lone gunman shot and killed a soldier on sentry duty at the National War Memorial and stormed Parliament Hill. The three guards stationed at city hall needed the help of bylaw officers — who fortunately happened to be in the building — to help them secure the premises after Michael Zehaf Bibeau launched his deadly attack last October.

"It is not possible for the three security guards that work within the facility to conduct a quick and effective lockdown of the City Hall and Heritage building with the existing physical security strategies and equipment."

That is just one of the findings of a trio of reports that looked at how the city responded to the Oct. 22, 2014 attack in the nation's capital — including one with a list of recommendations city staff had refused to divulge.

The findings of the reports call into question the city's assessment of its response to the attack, which lauded Ottawa's emergency management program as being "effective and efficient." Indeed, one of the reports found a "lack of guidelines, policy, plans or procedure for city facilities in relation to protective measures for staff and the facilities."

It found internal communications to city staff and people inside City Hall were "slow and inconsistent," while the messages relayed to these people were "not precise with clear instructions/directions." The report also says there were "inter-agency struggles in relation to roles and responsibilities."

These findings are now coming to light following Metro's complaint to the province's information commissioner over the city's decision to censor all of the recommendations of its March report on the city's response to the October 2014 shooting.

20

The city's report contains 20 recommendations that city hall had previously refused to divulge.

The city has now released all 20 of the recommendations it had previously refused to divulge (the censored copy of the report released to Metro in June wrongly said there were 94 recommendations). The recommendations in the city's report are based on the findings of two separate reports done by consulting firms Lansdowne Technologies Inc. and Security Through Safe Design Inc.

The city is now acting on some of the recommendations, Di Monte said. One of the first orders of business was to deal with the security camera issue. It's too soon to say whether the city will bring in more security guards, Di Monte added.

HEALTH

Methadone decreases HIV transmission: Study

Increasing access to methadone treatment through primary-care doctors and pharmacies significantly cuts the spread of HIV, according to research involving Vancouver residents addicted to opioids.

Injection drug users who were not prescribed methadone were almost four times more likely to become HIV-positive, found the study, published in the medical journal The Lancet HIV.

Methadone treatment prevents withdrawal from opioids such as heroin.

The findings provide critical support for British Columbia's methadone maintenance program, which is currently being reviewed by the provincial government, the study's lead author said.

"If you were on medication for your diabetes but you had to travel across your city to get your medication every day from a specialty clinic, and not go to your pharmacy around the corner, you'd be significantly less likely to go," said Dr. Keith Ahamad, with the BC Centre for Excellence in HIV/AIDS.

The treatment has been controversial, and the government's review involves some pharmacies being shut down because staff were providing financial incentives to patients filling their prescriptions.

Health Canada handed responsibility for methadone programs to the provinces in 1996, when the new study began.

Between 1996 and 2013, researchers followed 1,639 HIV-negative injection drug users. They found the vast majority of 138 people who were infected with HIV over that time were not taking methadone.

HIV infections are rising where methadone treatment is illegal, said Ahamad.

THE CANADIAN PRESS

Like summer, these offers won't last forever.

For a limited time only, enjoy cash credits on select 2015 models.

THE 2015 GLK 250 BLUETEC 4MATIC
TOTAL PRICE: $51,735*

Finance rate	Lease rate	Lease payment	Includes	Plus Receive
0.9%1	2.9%**	$408**	$4,000†	3 months1
60 months	45 months	$9,825 Down	cash credit	payments waived

*Taxes extra.

THE 2015 ML 350 BLUETEC 4MATIC
TOTAL PRICE: $65,335*

Finance rate	Lease rate	Lease payment	Includes
1.9%1	3.9%**	$628**	$5,000†
60 months	39 months	$8,625 Down	cash credit

*Taxes extra.

Ask us about Prepaid Maintenance.
Mercedes-Benz.ca/PPM

Mercedes-Benz
The best or nothing.

Lone Star Mercedes-Benz | 10 Heritage Meadows Rd. S.E | 403.253.1333 | lonestarmercedesbenz.com

© 2015 Mercedes-Benz Canada Inc. 2015 GLK 250 BlueTEC 4MATIC Avantgarde with optional Sport package and optional wheels/2015 ML 350 BlueTEC 4MATIC with optional Bi-Xenon headlamp package shown above for a total price of $53,335/$66,335. Total price of advertised 2015 GLK 250 BlueTEC 4MATIC/2015 ML 350 BlueTEC 4MATIC is $51,735/$65,335, which includes an MSRP of $48,600/$62,200, plus freight/PDI of $2,495, dealer admin fee of $495, air-conditioning levy of $100, EHF tires of $12.80, AMVIC Fee of $6.25 and PPSA of $25.80. Lease and finance offers based on the advertised vehicle are available only through Mercedes-Benz Financial Services on approved credit for a limited time. **Lease example based on a 45/39 month term, a lease APR of 2.9%/3.9%, and an MSRP of $48,600/$62,200. Monthly payment is $408/$628 with down payment or equivalent trade of $9,825/$8,625 plus security deposit of $500/$700 and applicable taxes due at lease inception. Total obligation is $31,362/$36,524. 18,000/18,000 km/year allowance ($0.20/$0.30/km for excess kilometres applies). 1Finance example based on a 60/60 month term, a finance rate of 0.9%/1.9% and an MSRP of $48,600/$62,200. Monthly payment is $729/$953 with down payment or equivalent trade of $7,997/$9,337 due at time of sale. Cost of borrowing is $985/$2,673 for a total obligation of $51,694/$66,482. †Cash credit of $4,000/$5,000 included in advertised payment and must be applied at time of sale. . 3 free payments on GLK are capped at $750/month. Vehicle license, insurance, registration, and taxes are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. Offers are valid on in stock units only and end August 31st, 2015.

TRANSPORTATION

Less drunk driving with UberX: Study

Ride-share service UberX isn't just getting scrutiny from regulators in the U.S. Researchers at Temple's Fox School of Business in Philadelphia say the service might even save lives.

In their paper, Show Me the Way to Go Home: An Empirical Investigation of Ride Sharing and Alcohol Related Motor Vehicle Homicide, scholars Brad N. Greenwood and Sunil Wattal report that in California, "the entrance of UberX result(ed) in a 3.6 per cent — 5.6 per cent decrease in the rate of motor vehicle homicides per quarter."

In other words, UberX has a positive impact on reducing drunk driving.

The study goes on to say that traditional Uber services do not have the same impact on DUIs. There's something special about the UberX service itself.

UberX, ride sharing app Uber's low-cost option, essentially empowers everyday people with cars to act as de facto cab drivers, picking up users and dropping them off via Uber's app.

JOSH KRUGER/METRO PHILADELPHIA

INTERNATIONAL SPACE STATION

First space-grown meal eaten in orbit

These are the salad days of scientific research on the International Space Station. On Monday, for the first time astronauts munched on red romaine lettuce that they grew in space.

After clicking their lettuce leaves like wine glasses, three astronauts tasted them with a bit of Italian balsamic vinegar and extra-virgin olive oil.

Astronaut Kjell Lindgren pronounced it awesome, while Scott Kelly compared the taste to arugula. They talked about how the veggies added colour to life in space.

If astronauts are to go farther in space, they will need to grow their own food and this was an experiment to test that.

Astronauts grew space station lettuce last year but had to ship it back to Earth for testing and didn't get to taste it.

THE ASSOCIATED PRESS

A crop of red romaine lettuce from the International Space Station's veggie plant growth system.

NASA VIA THE ASSOCIATED PRESS

IN BRIEF

Columbia House files for bankruptcy protection

The company that once offered to sell you eight CDs for 1 cent has filed for Chapter 11 bankruptcy protection after almost 20 years of falling sales.

The parent of the Columbia House music and DVD clubs said Monday it plans to sell its Columbia House DVD Club business, which sells recorded movies and TV series directly to consumers, through a bankruptcy auction. THE ASSOCIATED PRESS

Accused 'Slender Man' killers stay in adult court

A Wisconsin state judge ruled Monday that two girls accused of stabbing a classmate to please the online horror character Slender Man will stay in adult court, where they could face decades in prison.

The 13-year-old girls' attorneys had sought to transfer their cases to the juvenile court system, where they could be held for only five years.

THE ASSOCIATED PRESS

Jonathan Tremaine kneels on the steps of the Thomas F. Eagleton Federal Courthouse at the start of a protest outside the building, Monday, in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

An anniversary of violence in Ferguson

MISSOURI

Police shoot young man, claim they were returning fire

A man who authorities say opened fire on officers in Ferguson, Mo., on the anniversary of Michael Brown's death was critically wounded when the officers shot back, St. Louis County's police chief said early Monday.

Chief Jon Belmar said at a news conference that officers had been tracking the man, who they believed was armed, during a protest marking the death of Brown, the black, unarmed 18-year-old whose killing by a white Ferguson police officer touched off a national "Black Lives Matter" movement.

The man approached the officers, who were in an unmarked police van, and opened fire, Belmar said. The officers returned fire from inside the vehicle and then pursued the man on foot when he ran.

The man again fired on the officers, the chief said, and all four officers fired back. He was struck and fell.

The man was taken to a hospital, where Belmar said he was in "critical, unstable" condition. Authorities didn't immediately release the identities of anyone involved, but Tyrone Harris told the St. Louis Post-Dispatch that the injured man was his son, 18-year-old Tyrone Harris Jr.

> **"There is a small group of people out there that are intent on making sure that peace doesn't prevail.**
>
> St. Louis County Police Chief Jon Belmar

None of the officers was seriously injured. All four have been put on standard administrative leave. They were not wearing body cameras, Belmar said.

The shooting happened shortly after a separate incident that the chief called "an exchange of gunfire between two groups" rang out around 11:15 p.m. Sunday while protesters were gathered on West Florissant Avenue, a business zone that saw rioting and looting last year after Brown's killing. The shots sent protesters and reporters running for cover.

THE ASSOCIATED PRESS

TURKEY

Crackdown on ISIL, Kurds, Marxists

Two female assailants opened fire at the U.S. Consulate in Istanbul on Monday and at least six Turkish security forces were killed elsewhere in a day of heavy violence in Turkey, where a government crackdown has targeted militants from the Islamic State of Iraq and the Levant (ISIL), Kurdish rebels and far-left extremists.

Turkey has seen a sharp spike in clashes between security forces and rebels of the Kurdistan Workers' Party, or PKK, in the a wake of its campaign against PKK targets in Iraq in tandem with airstrikes against ISIL militants in Syria. Hundreds of suspected militants have also been rounded up at home.

No one was hurt in the attack on the U.S. Consulate, which came just weeks after Turkey agreed to take a more active role in the U.S.-led campaign against ISIL and to allow the U.S.-led coalition to use its bases in the fight. On Sunday, the U.S. military announced that a detachment of six F-16 fighter jets and some 300 personnel had arrived at Turkey's southern Incirlik Air Base.

A far-left group that carried out a 2013 suicide bombing on the U.S. Embassy in Ankara claimed it was involved.

Both assailants fled, and one was later shot and taken into custody. The Revolutionary People's Liberation Army-Front, or DHKP-C identified her as 51-year-old Hatice Asik and said she was a member of the group, which is considered a terrorist organization by the U.S. and Turkey. The other assailant was still at large.

In a statement on its website the group described Asik as a "revolutionary" fighting American oppression and vowed to maintain its struggle until Turkey is "cleared" of all U.S. bases on its territory. THE ASSOCIATED PRESS

BACKGROUND

Turkey has recently started taking a more active role against ISIL militants. Last month, it conducted aerial strikes against ISIL positions in Syria and agreed to let the U.S.-led coalition use its bases for its fight against ISIL.

THE ASSOCIATED PRESS

HUNGARY

Asylum requests double

Hungary has received 110,000 asylum requests so far in 2015, more than double the total for all of last year, the head of the country's immigration office said Monday.

Zsuzsanna Vegh said registered asylum seekers were directed to one of Hungary's refugee centres to await decisions over their requests, but that most leave the country before their cases are settled.

"A significant number of those who we send (to the centres) never arrives at the institution," Vegh said on state radio, adding that they were now sheltering some 4,500 refugees, double their normal capacity.

Hungary received 42,777 applications for asylum in 2014.

Alarmed by the growing numbers of migrants, Hungary's government is building a 175-kilometre fence on the border with Serbia, which is scheduled to be finished by Aug. 31.

Planned to be 4 metres high, for now only three strands of razor wire have been laid out on sections of the border where the government says human traffickers are most active. An Associated Press video journalist saw galvanized steel posts and rolls of wire mesh in the border area, expected to be assembled soon.

In Budapest, hundreds of migrants gathered near the city's main railway terminals, waiting to go to a refugee centre or to countries further west in the European Union, such as Germany or the Netherlands.

Sitting at Pope John Paul II Park, near the Keleti train station, a 26-year-old man from the Syrian city of Homs said the fence would not deter those escaping war and extreme poverty.

"We have mostly walked over 3,000 kilometres to come to Europe," said the refugee who would give only a nickname, George. "Some wires are not going to stop us."

Hungarian national police say they detained an average of 1,530 migrants a day in the week before the fence construction began on Aug. 3. In the week since, the daily average was 1,543.

Babar Baloch, spokesman for the UN's refugee agency in Central Europe, said the number of refugee families with young children was rising.

"The trend is clearly that the refugees are on the move," Baloch said, adding that his organization was also encountering more and more unaccompanied children whose parents, in one example, had died after their boat capsized near Greece.

THE ASSOCIATED PRESS

Greek coast guard saves 1,417 migrants from sea

GREECE

Hundreds more reach coast and walk to main towns

Greece's coast guard rescued more than 1,400 migrants near several Greek islands in the eastern Aegean Sea over the past three days as the pace of new arrivals increases, authorities said Monday.

Tens of thousands of people, many of them fleeing conflict in Syria and Afghanistan, have been making their way from the Turkish coast to nearby Greek islands in inflatable dinghies, overwhelming cash-strapped and understaffed authorities on the islands. The vast majority then head to mainland Greece and from there, try to reach more prosperous European Union countries by either walking across the Balkans from northern Greece, or sneaking onto Italy-bound ferries from the west.

The 1,417 migrants rescued between Friday morning and Monday morning were picked up at sea in 59 incidents off the coasts of the islands of Lesbos, Chios, Samos, Agathonisi and Kos, the coast guard said.

Those figures do not include the hundreds of others who manage to reach the islands' coasts themselves, walking to the main towns to turn themselves in to local authorities and receive registration papers.

The increasing pace of arrivals comes on top of the roughly 124,000 migrants who reached the Greek islands by boat in the first seven months of 2015. In July alone, there were 50,000 arrivals, about 70 per cent from Syria. Most land on five islands: Lesbos, Chios, Kos, Samos and Leros.

124,000

Roughly 124,000 migrants reached the Greek islands by boat in the first seven months of 2015 — a 750 per cent increase from the same period last year, according to UNHCR.

In all, 156,726 migrants had been arrested for entering or remaining in the country illegally from January through July this year, compared to 32,070 for the same period last year, the Greek police said.

The numbers have overwhelmed cash-strapped and understaffed police and coast guard officials on the islands, where authorities are unable to keep up with the new arrivals and process them fast enough, leaving many living on the streets or in precarious temporary shelters.

Tension has often escalated on several of the islands, with fights breaking out among groups of migrants, or between migrants demanding faster processing and coast guard or police officers.

THE ASSOCIATED PRESS

Migrants wait behind a fence for a registration procedure outside a police station at southeastern island of Kos, Monday. YORGOS KARAHALIS/THE ASSOCIATED PRESS

HMS HOOD

Bell recovered from ship sunk in WWII

An American philanthropist and investor has recovered a bell from a British battleship that was sunk in the North Atlantic during World War II.

A team led by Microsoft co-founder Paul Allen retrieved the bell from the HMS Hood, once the largest warship in the world and the Royal Navy's symbolic flagship. The Hood was sunk by the German ship Bismarck in the Denmark Strait between Greenland and Iceland in 1941. All but three of the Hood's 1,418-strong crew perished.

A first attempt in 2012 to recover the bell from the wreck — lying at 2,800 metres (9,186 feet) deep — failed because of poor weather conditions and technical difficulties. Britain's Royal Navy and Allen's website said Monday a second try, using a remotely operated vehicle and working with shipwreck search company Blue Water Recoveries, succeeded on Friday.

THE ASSOCIATED PRESS

IN BRIEF

Teacher faces sex charges

A former teacher who was arrested in January over accusations of having sex with two students now faces more charges. The Louisiana Attorney General's Office says 40-year-old Kimberly Cooke was booked Friday on five counts of carnal knowledge of a juvenile. It was her second arrest on sex charges. It remained unclear Monday whether the five counts involve the same students.

THE ASSOCIATED PRESS

STUDY

Parasite in tadpoles just one more threat

Scientists have identified a new problem for amphibians, which are already shrinking in numbers: A parasite is infesting tadpoles worldwide.

The family of parasites, related to a bug that attacks oysters, has been found in the livers of frogs and tadpoles on three continents and in both temperate and tropical climates.

Researchers linked it to a mass die-off of tadpoles in a state of Georgia lake and probably elsewhere in the United States.

The global distribution of the newly identified threat to frogs was published Monday by the Proceedings of the National of Academy of Sciences.

Study lead author Thomas Richards said amphibian numbers are already falling because of habitat loss, climate change, fungus and other diseases.

He said this new parasite is just one more threat.

THE ASSOCIATED PRESS

Cutting prices for moviegoers

THEATRES

Despite rising admission costs, there are tricks to saving money

Once a go-to family outing, trips to the movies are now almost as pricey as dinner at a nice restaurant.

Movie ticket prices in Canada and the U.S. have risen steadily over the last decade or so, from an average of $6.21 in 2004 to $8.17 in 2014. At Cineplex theatres, the country's largest chain, admission for an adult costs around $13; for children and seniors, it's $9 and $9.50, respectively.

And Scene, Cineplex's points-based loyalty program, recently announced changes that will make it costlier to score free premium tickets. Customers currently need 1,000 points to watch any movie for free, but under the new rules, which go into effect Nov. 4, 3D screenings or tickets to an UltraAVX or Imax feature will cost 1,500 points. Adult-only VIP shows will require 2,000 points.

Still, there are ways to reduce the cost of seeing a movie. Here are a few tips:

Stay loyal: New rules aside, a Scene membership is still an easy way to score free movies. Members receive a Scene card, which earns points for movies watched and offers discounts on snacks. There are also Scene debit and credit cards through Scotiabank. Members earn a point for every $1 spent.

Try Tuesday: Cineplex offers discounted fares on Tuesdays. Tickets for a regular screening cost $7.99. Scene members get an additional 10 per cent off.

Go indie: Rainbow Cinemas sells adult tickets for $10; kids' and senior tickets are $6 and students cost $7.

Head outdoors: There are a number of free outdoor screenings this summer.

Look for promos: Cineplex is offering a Family Favourites deal, through which families can attend a Saturday matinee of an older movie for $2.99 per ticket.

Dine wisely: Theatre popcorn and candy is marked up — so, to cut costs, consider taking your own food. For instance, major theatre chains can sell chocolate bars for $4 to $6. The same candy is available at Dollarama for $1 to $2. TORSTAR NEWS SERVICE

$13

Adult admission costs around $13 at Cineplex theatres. For children and seniors, it's $9 and $9.50, respectively.

A patron buys popcorn and a drink at a Cineplex theatre in Toronto. The cost of going to the movies has risen steadily over the last decade or so. CONTRIBUTED

DIET PEPSI

Aiming for the sweet spot — just not in Canada

A revamped Diet Pepsi without aspartame is popping up on store shelves in the U.S. So will people start flocking back to the soda?

PepsiCo says its new Diet Pepsi should be available across the U.S. this week. In response to customer feedback, the company said earlier this year that it would replace the aspartame in the drink with another artificial sweetener that has less baggage.

But Canadians won't be seeing the new format. Diet Pepsi in Canada will continue to be sweetened with aspartame, the company wrote in an email to The Canadian Press.

"There are no changes to any cola beverages in Canada at this time," said Sandy Lyver of PepsiCo Beverages Canada.

The rollout in the U.S. will test the theory that the sweetener is to blame for fleeing customers, or if other issues might be at play. Other diet sodas that still have aspartame include Diet Coke, Diet Dr Pepper and Fanta Zero.

Sales of traditional diet sodas have been falling. Industry executives blame the freefall on unfounded concerns people have about aspartame. Two years ago, Coca-Cola even tested ads in select newspapers defending the safety of the sweetener.

The new cans will be marked with the words "Now Aspartame Free." THE ASSOCIATED PRESS

IN BRIEF

Winnipeg company charged with selling unapproved drugs

U.S. government prosecutors are accusing an online Canadian pharmacy of selling $78 million worth of unapproved, mislabelled and counterfeit drugs to doctors across the United States.

An indictment charges Canada Drugs and its affiliates in the United Kingdom and Barbados with smuggling, money laundering and conspiracy.

The Winnipeg company's website describes itself as offering low prices on medicine from Canada, the U.K., Australia and New Zealand. Prosecutors say Canada Drugs began selling drugs that were mislabelled or unapproved to U.S. physicians in 2009. Most are used to treat cancer and effects of chemotherapy.

Health Canada suspended the company's establishment licence in June 2014.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS.

market minute

DOLLAR 76.92¢ (+0.78¢)

TSX 14,466.39 (+163.69)

OIL $44.96 US (+$1.09)

GOLD $1,104.10 US (+$10)

NATURAL GAS: $2.84 US (+4.4¢)
DOW JONES: 17,615.17 (+241.79)

It's Time to Check Out
Robertson College.
ROBERTSON COLLEGE
At Robertson College, our goal is to help each of our students find success. That is why we take the time to get to know each of our students and help them find a career path that they can be passionate about.
Call 587.794.4476 or visit robertsoncollege.com to get started!

metro VIEWS
Your essential daily news
Tuesday, August 11, 2015

metro's election explainer

Can Conservatives legally outlaw travel to ISIL-controlled regions?

Maybe not, but it's murky.

What the PM says

This week, Prime Minister Stephen Harper announced that if re-elected he would make it a criminal offence to travel to regions he called "ground zero for terrorist activity," particularly, members of his party later said, the parts of Syria and Iraq controlled by the group that calls itself Islamic State of Iraq and the Levant (ISIL). The measure is meant to prevent Canadians with radical views from leaving the country to join armed groups abroad. A similar rule exists in Australia, though in general blanket-travel restrictions are rare in developed countries. (It's unclear how useful this ban would be, because the House of Commons passed a bill in 2013 that made it explicitly illegal to travel to another country to commit a terrorism offence.)

What other leaders say

Opposition leaders have dismissed the move as campaign-season bluster. Justin Trudeau accused Harper of trying to distract Canadians from the wobbly economy, while Thomas Mulcair said, "There's little evidence to show that this will have a concrete effect."

What the law says

Harper said travelling to conflict hot spots is "not a human right." But the proposal could find the PM at odds with the Canadian Constitution, says University of Toronto law professor Kent Roach. And that means the policy might not hold up in court if challenged under the Charter of Rights and Freedoms.

"It would limit the right of Canadian citizens under Section 6 of the Charter (of Rights and Freedoms) to leave Canada. It would have to be justified as a reasonable limit," Roach said.

What rights groups say

Some human rights lawyers are concerned the proposal promotes a guilty-until-proven-innocent mindset, while the Canadian Civil Liberties Association says it will disproportionally affect certain ethnic groups.

It isn't clear what exceptions would be allowed, but Conservatives confirmed that tourism, business and religious pilgrimages won't cut it. Even with exceptions, some groups fear the ban could put red tape and delays in the way of activists, filmmakers, journalists, people doing humanitarian or diplomatic work and those travelling to care for ill or elderly relatives.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

Where bike sharing fits in Calgary's future

KLASZUS' CALGARY

Jeremy Klaszus

Last week I got a taste of Calgary's bike-sharing future.

Such a future isn't a given, of course. Calgary has yet to embrace bike sharing, as many cities large (New York City, Toronto, Seattle) and small (Fargo, Boise, Buffalo) have done.

City council nearly approved bike sharing in 2012 but decided to hold off — perhaps a wise decision, as our downtown bike infrastructure was limited at the time.

But with the city centre cycle track network open and new destinations like St. Patrick's Island coming online, bike sharing looks far more appealing and workable for Calgary.

We have the infrastructure to support it.

A benefit of waiting is we can learn from what other cities have done right and wrong.

Montreal blazed the bike-sharing trail in North America with its Bixi system, which has been popular with users but disastrous on the business side.

Bixi filed for bankruptcy protection last year, with some $44 million in debt — a bill forced on to the citizens of Montreal.

The Bixi fiasco has made some politicians wary of bike sharing, but Montreal's mistake is easy to avoid.

The City of Calgary has shown more interest in a private or non-profit model, which wouldn't require much public funding and involves little risk to the municipality, thus avoiding a Bixi-like scenario.

But is a private or non-profit model actually possible?

Yes. It's taking off right now in Hamilton, Ont., where SoBi Hamilton — a non-profit — launched a system with 750 bikes earlier this year.

The city kicked in a one-time payment of $1.6 million to cover bikes and docking stations. SoBi Hamilton takes it from there, covering ongoing costs through fees, sponsorships and in-kind donations.

I gave it a try last week and it's brilliant. It's basically Car2Go for bikes.

You pay $3 to register and can buy monthly or annual plans, or pay as you go at $4 an hour. The bikes, developed by a New York City outfit called Social Bicycles, are outfitted with GPS.

You can end your trip at a docking station or, for $1 extra, just lock it to something secure, such as a post or bike rack. Other users can then see the bike on their smartphone app and pick it up. (This sets Social Bicycles apart from systems like Citi Bike in New York City, where all trips must end at docking stations.)

A benefit of waiting is we can learn from what other cities have done right and wrong.

A popular misconception about bike sharing is that it's only for tourists. Not so. Tourists certainly benefit, but in cities such as Hamilton — not exactly a hotbed of tourism — it's intended for residents.

The city wanted to connect residents with Hamilton's transit system, and to provide bikes for people who don't own one. That out-of-towners also benefit is an additional perk, not the primary motivation.

It's something for Calgary to consider.

Jeremy Klaszus is a freelance journalist and stay-at-home dad. He tweets at @klaszus.

ROSEMARY WESTWOOD

metroview

Why there's so much bloody fuss about one on-camera kiss

This isn't the hot take.

This isn't an attempt to feed the media storm or public-shaming machine against 17-year-old Daniel Davies, who planted a kiss on the cheek of a TV reporter in Squamish last weekend, and snapped a selfie. This is an attempt to explain why we're talking about it so bloody much.

To quote one boss, "If it was a hot blonde in a bikini top kissing a man, this wouldn't be happening." The kisser wouldn't have faced the threat of the RCMP, she meant (the complaint against Davies was dropped yesterday after he apologized). A male reporter might be annoyed or pissed off, but he wouldn't turn it into a national story. There wouldn't be the hoopla.

I couldn't agree more. But that doesn't mean that reporter Megan Batchelor acted out of line by going to the police. It means you can't compare apples to oranges, or men to women.

Equality between the sexes doesn't exist.

When women live in perpetual fear of rape (ask them, they do), when their bodies are viewed as the playthings of men (still) and when violence against women remains at pandemic proportions, guess what: Women are going to be defensive over their bodies and sexuality.

And rightly so.

It's not good enough to say, "Oh, it's just a kiss!" No, it's not. It's an unwanted kiss, the kind that got 65-year-old Narinder Jain in Ottawa charged with multiple counts of sexual assault after he went on the most bizarre of sprees — a kissing spree — this summer.

It's also not good enough to wonder, "What's the big deal?" The big deal is, women in our society feel that their bodies are constantly under attack. Women who work in TV, in particular. Take the FHRITP prank.

If we didn't have rampant sexual violence, if we indeed had equality, the kiss might have been laughed off. Batchelor mightn't have taken unwanted advances to be part of a continuum of assault women fear every day. But that's not our world.

What this all means for some guy's hook-up strategy, I couldn't care less. The world is not becoming a colder place because men have to worry about not offending the women. And if even if it is, well, that's a small price for some to pay compared to the price women (and men) are paying for sexism.

If you want a society where good-natured signs of affection aren't misconstrued as sexual assault, then consider building the kind of society where women aren't living in fear of sexual assault. We could use your help.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
adinfocalgary@metronews.ca
General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE LOL
Your essential daily news
Haha, LOL is Facebook laughers least favourite laugh out loud

Harpist turns pluck into Style

VIRAL VIDEO

Emilie Kahn wins fans with cover of Taylor Swift song

Some musicians would do anything to capitalize on an endorsement from Taylor Swift — but that's simply not Emilie Kahn's style.

The Montrealer has gathered significant attention for her austere cover of Swift's Style, which she played on the harp. Her intimate take on the song has been posted by Time, Entertainment Weekly and BuzzFeed — not to mention Swift herself, who retweeted Billboard's post on the song.

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom.

"It's become a bit overwhelming," she conceded in a telephone interview recently, noting that she had to stop monitoring the clip's ever-climbing YouTube view count (more than 200,000 hits and counting).

"It's getting a lot of attention, which is super exciting, but it's also kind of scary just to be, I guess, famous on the Internet.

"I don't want to be known as the girl who did the Taylor Swift cover," she added. "I think with the Internet and all these clickbait websites, it's kind of easy for you to put out a video and it just becomes a piece of content for people to share.

"People are reacting really well to the video, saying this touched me and this changed my life — so that's amazing to hear. But I'm also worried that next week it'll be onto the next thing."

In fact, this should just be the beginning for Kahn.

Emilie & Ogden's debut, 10,000, is due out Oct. 2. It's cinematic and wrenching, with lyrics about "pain and heartbreak" — not necessarily autobiographical, she notes — finding an ideal vessel in Kahn's gossamer voice and mournful instrument.

The arrangements on her album are significantly fuller than her stripped Swift cover, although Kahn says her Style is an accurate indication of the intimate feel of her live show.

She chose to interpret the song because she wanted a cover in her set and she's "kind of just a big fan" of Swift.

"(Style) has a really unique mood," Kahn observed. "She writes a lot of huge pop hits, but I think they always have a really specific subject matter. This song is about the time after you break up with someone and you keep going back to each other.

"I thought that was a very interesting mood that you don't see a lot in pop music."

Kahn was born in Toronto but spent her formative years in Montreal. She began writing songs as a teen but couldn't commit to an instrument, wandering from flute to piano to guitar.

She went to music school, still trying to locate her passion for piano, when she attended a concert and noticed a harpist accompanying the choir.

"It was love at first sight," recalled Kahn, noting that she's been playing for five years. "When I discovered the harp, it changed my life."

Kahn concedes that while she's stopped absorbing feedback related to her Style cover, she might be encouraged by the top-voted comment lurking on YouTube.

"I can't believe I've never heard of you before," wrote a user named Toni C. "I'm definitely buying your album in October. You're absolutely amazing!"

Informed of this, Kahn laughed: "That's nice to hear." THE CANADIAN PRESS

Canadian musician Emilie Kahn, above, caught the attention of Taylor Swift, inset, and racked up major YouTube views with her harp version of the singer's song Style. YANI CLARKE/HANDOUT

FAME AND A HARP WITH A NAME

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom. "It's become a bit overwhelming," she concedes.

STREAMING

New Mindy Project won't be more risqué, Kaling says

Mindy Kaling is blissfully unaware of the numbers Hulu may be hoping for when it comes to streaming new episodes of The Mindy Project, which debuts its fourth season on the service on Sept. 15.

"To be honest, after being on network TV for 11 years, I'm kind of happy about that. I'd rather just focus on the creative and I'm happy that they're not trying to pull me into those conversations," Kaling, its creator and star, told The Associated Press Sunday.

Fox cancelled the series in May but Hulu revived it days later, asking for 26 episodes, which is the biggest season order of The Mindy Project to date.

"I'm so grateful and I just want to make the show better than it's ever been," said Kaling. "We went from 'We're never doing this show again' to having more work than ever."

The comedy itself won't change too much in its leap to the web where a new episode will be posted each week.

"I think if we really changed the show and made it more risqué and put it more on a tilt towards stuff you might find on HBO or Showtime, we would maybe turn off some of our core viewers," said Ike Barinholtz, who is a cast member, producer and writer on the series.

> **"I just want to make the show better than it's ever been.**
> Mindy Kaling

The episodes won't be under the same time constraints that exist in network television, so they will feature more of the supporting cast like Ed Weeks, Beth Grant and Xosha Roquemore. Kaling said she is happy to give them more screen time because she was a supporting player on The Office who appreciated when she had more to do.

The 36-year-old entertainer also hasn't ruled out producing TV for other people and said she would consider it if she found something she was excited by.

For now, her main priority is to her show. THE ASSOCIATED PRESS

Mindy Kaling is happy to have more work than ever. GETTY IMAGES

How Lena Dunham learned to love running

"Not usually one to post a paparazzi shot but this fills me with pride," Dunham wrote on her Instagram account when she posted this pic. INSTAGRAM/@LENADUNHAM

THE MILE HIGH RUN CLUB

Star's coach shares his tips

Emily Laurence
Metro in New York

If you think you'll never be one of those people who runs five miles before work or trains for a marathon, don't write yourself off so fast.

Lena Dunham recently confessed she hated running her whole life — until she started training with Matt Wilpers of the Mile High Run Club. "Working with Lena was an awesome experience for me," Wilpers tells us. "I helped transform her attitude about fitness by helping her build confidence." Here, he shares how you can start enjoying it, too.

Set specific goals

If you aren't one of those people who just naturally loves to run, you need a reason to do it or it can seem a bit pointless. "Some people (set a goal) to work up to their first race, such as a 5K," Wilpers says. "Other people, like my dad, start running to improve their overall health. I think it's really important to set specific and measurable goals so you can track your progress and feel a sense of accomplishment as you progress." Wilpers says once you start doing that, you'll be motivated to keep running.

Switch it up

If you think running is boring, try it in a new way. Wilpers says he grew up running the mountain biking trails in his hometown. While that may be hard to do in an urban area, cities boast amazing skyline views. Never underestimate the power of beautiful scenery to make you look forward to a run. Another new way to challenge yourself: Take a treadmill class. "I love coaching treadmill classes," Wilpers says. "People who come in can expect a well thought-out workout with motivating and experienced coaches and participates of all fitness levels."

Do it with a friend

Making friend-dates for a run and indulge in a post-workout smoothie gives you something to look forward to, with the bonus of holding yourself accountable to actually work out. "Before you start running with a friend, set expectations about the run so you can accomplish your goals," Wilpers says. "Then you can spend more time enjoying the company of your friend and less time competing."

Come up with a motto

Wilpers says he has lots of mottos that he lives by, but his favourite is "Sharp Body, Sharp Mind." A running motto can keep you going and also can bleed into other areas of your life. "As long as I maintain my fitness, I think clearly and make better decisions," Wilpers says.

"It's really important to set specific and measurable goals."
Matt Wilpers, running coach

FROM SHIP TO SHORE,
THERE'S LOTS OF MAGIC IN STORE!
Now you can enjoy Disney Cruise Line and Walt Disney World Resort – all in one vacation. It's all the carefree enchantment of Disney Cruise Line. All the Theme Park magic of Walt Disney World Resort. And all of your dreams come true.
©Disney. Ships' Registry: The Bahamas
Book with the specialists at AMA Travel. Visit a centre near you, call toll-free or visit us online:
CAA ALBERTA AMA Travel
1-866-621-6081
AMATravel.ca/Disney
Authorized Disney Vacation Planner

IN BRIEF

Research says women push their boundaries more with vacation sex

Study subjects: Over 850 women aged 18 to 50

Results: After participants filled out a survey measuring how risky they perceived certain tourist situations to be, researchers found that being on vacation makes women more open to sexual risk-taking and experimentation.

Being away also ups sexual confidence and makes ladies more likely to push their sexual boundaries.

Significance: Many of the women surveyed said that anonymity played a major role. The ability to anonymously participate in sexual fantasies was a big draw for some.

Others went as far as to say that sexual experimentation and erotic thrills were vacation musts. Researchers say that it's the departure from tight schedules, social judgment and everyday responsibilities that ultimately opens the door.

In other words, being away loosens inhibitions.

AFP

PSYCHOLOGY

This is ugly: Unsmiling women may be judged harshly

Hadley Boltres
Metro in New York

Psychologist Susan Krauss Whitbourne wanted to look into why only women seemingly suffer from the so-called "resting bitch face" condition.

Men are more respected when they appear thoughtful. But women who don't smile automatically appear cold, according to the RBF theory, writes Whitbourne in a recent Psychology Today post.

Facial muscles constantly respond to one's inner fleeting emotions, she notes, but why do people quickly conclude personality traits based on facial expressions, not just emotions? We assume that the woman is a "bitch," a trait, rather than tired, worried, or angry, all fleeting emotions, she says.

She looks at a study from the University of Glasgow in 2014 that may give us clues into how people judge "RBF." The study assessed dominance, trustworthiness and attractiveness in different facial expressions. The researchers found that we can communicate power and dominance, but attractiveness could not increase through facial muscle manipulations.

The study only looked at men's faces, so, Whitbourne notes, so it can't tell us how perceptions of dominance in mens and women's faces differ.

"But if the RBF theory is true, women looking dominant should be perceived as less attractive than men with similar expressions," she says.

Kristen Stewart has been accused of having an RBF. GETTY IMAGES

GOSSIP BRIEFS

Breakup left Watson utterly speechless

Emma Watson tells Vogue U.K. that last year she went through a "horrendous" breakup with ex-boyfriend Matt Janney. How horrendous? It involved a vow of silence. No, seriously.

"I felt really uncomfortable," Watson says. "Even before my relationship ended, I went on a silent retreat because I really wanted to figure out how to be at home with myself." There's some joke in here about relationships and communication issues.

NED EHRBAR/FOR METRO

Aniston-Theroux secret wedding

Howard Stern has revealed details about Jennifer Aniston and Justin Theroux's secret wedding, including that Jimmy Kimmel officiated.

Stern was a guest at the Los Angeles ceremony last Wednesday that the couple disguised as a birthday bash for Theroux. THE ASSOCIATED PRESS

Nicki calls Meek Mill her 'baby father'

PREGNANCY

Does rapper have a mini Minaj in the oven?

IN HOLLYWOOD

Ned Ehrbar

Meek Mill is probably happy that his name is coming up for some reason other than constantly feuding with Drake.

So what's distracting everyone from that spat now?

Oh, just Nicki Minaj introducing him at a recent Burgettstown, Pa. concert as "my baby father," immediately setting off waves of speculation that Minaj is in fact pregnant — and apparently a fan of mangling popular phrases.

Seriously, baby father?

That just sounds awkward.

As to whether there's any truth to baby talk, Minaj is being less than helpful, retweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.

That could really mean a number of things.

This is why people shouldn't release statements comprised entirely of emojis.

It's an imperfect communication system, people.

> **"As to whether there's any truth to baby talk, Minaj is being less than helpful, retweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.**
>
> Ned Ehrbar, on Minaj being coy

SQUAMISH MUMFORD ON THE ROAD Marcus Mumford of Mumford and Sons performing Sunday, the final day of the Squamish Valley Music festival. The band continues their Canadian tour with a stop in Edmonton tonight, and they will play a show in Calgary on Wednesday. JENNIFER GAUTHIER/FOR METRO

MCKS PRANIC HEALING EXPO
Saturday, August 15 11:00AM – 5:00PM

Pranic Healing® is a simple yet powerful & effective system of no-touch energy healing used to Balance, Harmonize and Transform the body's energy and by doing so accelerates The Natural Healing Process.

NORTHLAND PROFESSIONAL CENTRE
#402, 4600 CROWCHILD TRAIL NW

for more information email
CPHA.ALBERTA@GMAIL.COM

Be Career Ready in One Year or Less!

ROBERTSON COLLEGE

Programs in Health Care, Business & IT are Starting Soon. Call 587.794.4476 or visit robertsoncollege.com to get started.

How's the news today?

Join our Online Reader Panel and help make your Metro News even better. Join for a chance to win a $25 gift card.

metronews.ca/panel metro

metro SPORTS
Your essential daily news

Canada's Graham DeLaet has pulled out of the PGA championship due to a thumb injury

Osuna grounded by family

BLUE JAYS

Closer's clan behind him since he was 12, playing in Japan

Roberto Osuna looked into the stands at Yankee Stadium this weekend, and there was the welcoming smiles and support from his family there to greet his every success.

Osuna gladly admits one of the biggest reasons he's as successful as he is — he's mowing down major-league hitters at 20 years old as the Blue Jays closer — stems from the bond with his father, mother, twin brothers and sister, who made up his biggest fan group this past weekend when the Jays stunned the Yankees in a three-game sweep.

There is, however, more than simply cheers and excitement for the precocious eldest son; if there's a reason Osuna has so fluidly grasped the rigours of being a major-league closer, it all reflects back to his family.

It seems they are right there on the mound with him, making every pitch. And Osuna has kept that bond in his heart and mind, ever since he left home in Los Mochis, Mexico, as a 12-year-old, to pitch in Japan. He's always pitched against players much older than he was, even at that tender age, and it's helped him acquire the mental makeup necessary to get outs as a closer, one of the major leagues' most steely and intense jobs.

"I've been in situations when I was 16 and my dad told me, 'It's just a game, do your job and don't try to do too much,'" Osuna said of his father, Roberto Sr., a pitcher himself in the Mexican pro leagues and his son's first and forever pitching coach.

"I was in the Mexican League and I was 16 facing guys 34 years old. I was a bit nervous, especially because my dad had a new career there at the time. I faced a couple of ex-big leaguers, but to be honest, they couldn't hit my fastball. So I said they can't hit it, so what I have to do is go out and make good pitches."

Osuna is now earning a big-league paycheque, but ever since that young age he has brought home money earned through his talents, and it's helped his family stay together under one roof without added worries of working extra jobs to feed four children.

Osuna is proud of the fact his twin 12-year-old brothers, Pedro and Alex, recently shared MVP honours at a tournament in Washington.

10

Osuna notched his 10th save of the season on Sunday

They were at Yankee Stadium, cheering him on with sister, Angie, 16, mom, Guadalupe Qintero, and his father.

Father and son sat down to dinner in Manhattan to discuss baseball, and the son heard a familiar refrain from the father: do your job and don't try to do too much.

"(Roberto Sr.) came to New York (this past weekend) and we had a talk. We went out to dinner and I had made some mistakes against Kansas City and Minnesota, and he said to me, 'Don't try and do too much. You have 97 m.p.h., go out and make the pitch.'" TORSTAR NEWS SERVICE

NOTES

Donaldson, Price named AL co-players of the week

Third baseman Josh Donaldson and starting pitcher David Price were named the American League co-players of the week on Monday.

Donaldson batted .385 (10-for-26) with nine runs scored, two doubles, five home runs with eight runs batted in over from Aug. 3 to Aug. 9.

Price went 2-0 with a 0.60 earned-run average and 18 strikeouts in 15.0 innings pitched in his first two starts with the Jays.

Stroman gets good news

Blue Jays pitcher Marcus Stroman, who tore the anterior cruciate ligament in his left knee during spring training, has been cleared to throw off the mound.

THE CANADIAN PRESS

Roberto Osuna has taken the reins as the Blue Jays closer at the age of 20.

STEVE RUSSELL/TORSTAR NEWS SERVICE

IN BRIEF

NHLPA files grievance over Richards' termination

The NHL Players' Association has filed a grievance on behalf of centre Mike Richards, contesting the termination of his contract by the Los Angeles Kings.

The Kings terminated the final five years of Richards' contract on June 29, saying the two-time Stanley Cup champion committed "a material breach" of his deal.

The team and Richards have said nothing else about the circumstances of his termination. But Richards was expected to fight it, since he was due another $22 million.

THE ASSOCIATED PRESS

Probe into Kane involves woman in her 20s: Source

A person familiar with the police investigation of Chicago Blackhawks star Patrick Kane tells The Associated Press that it involves something that happened between the player and a woman in her 20s.

Patrick Kane
GETTY IMAGES

The person spoke on condition of anonymity Monday because authorities have not revealed any details of the investigation being conducted by Hamburg police.

THE ASSOCIATED PRESS

Receiver Diontae Spencer had a breakout game in the Argos' 30-26 win over the Roughriders on Saturday in Toronto.

FRANK GUNN/THE CANADIAN PRESS

CFL

Boatmen up to their necks in receivers

Good CFL teams stockpile talent like wise investors who save cash for a rainy day.

So when it rains, like it's done both figuratively and literally for the Toronto Argonauts, they've got some insurance.

The Argos keep losing star receivers to injuries, but each time a Chad Owens, Andre Durie or Anthony Coombs goes down, the team reaches into its reserves to plug the hole.

The latest loss is Kevin Elliott, who is doubtful for Friday's game in Winnipeg.

The injury-racked Argos had a walkthrough on Monday at Downsview Park before a cloudburst sent the players scattering.

Head coach Scott Milanovich, in going with a film session and light field work, wanted to rest sore muscles after a 30-26 victory over the Saskatchewan Roughriders on Saturday.

Owens did not participate on Monday because his injured ankle is still swollen.

With Elliott doubtful due to a rib injury, Kenny Shaw is the next receiver in line. Pretty soon the well may run dry.

HOT HANDS

Import receivers Diontae Spencer, Kevin Elliott, Vidal Hazelton and Tori Gurley have accounted for 11 of the Argos' 15 receiving touchdowns this season.

Against the Riders, the Argos reached into their reserves to find a gem in Diontae Spencer, who in his first CFL start made five catches for a game-high 94 yards, including a 52-yard go-ahead touchdown.

"Diontae having that much success didn't surprise any of us," quarterback Trevor Harris said Monday. "He flashed early in camp."

Spencer signed with the Argos last December after he was released by the St. Louis Rams.

In the off-season, he trains with close friend Odell Beckham Jr. of the New York Giants.

"He wanted to see the touchdown, so I sent him the video after the game," Spencer said. "He was excited for me."

TORSTAR NEWS SERVICE

Canadians at full speed

PARAPAN 2015

Athletes win gold medals at track, pool and velodrome

Jason Dunkerley got Canada's track and field team off to a winning start at the Parapan American Games on Monday.

The visually impaired runner from Ottawa raced to gold in the men's 5,000-metre T11 event, finishing with his guide Josh Karanja in a Games-record time of 15 minutes 39.54 seconds.

Chile's Cristian Valenzuela Guzman was second in 16:21.31 while Ecuador's Darwin Castro was third in 16:34.91.

Wheelchair athlete Josh Cassidy of Port Elgin, Ont., also raced his way to the podium on Day 1 of the track meet at the CIBC Pan Am/Parapan Am Athletics Stadium, taking silver in the men's 5,000 T54 race. He finished second to American Daniel Romanchuk in 11:44.92.

In other early results Monday, swimmer Aurelie Rivard of St-Jean-sur-Richelieu, Que., won gold in the women's S10 100-metre butterfly, adding to the silver she won in breaststroke earlier in the Games, while teammate Samantha Ryan of Saskatoon captured the silver.

There was more gold at the velodrome as visually impaired cyclist Daniel Chalifour of Mont-Laurier, Que., along with guide Alexandre Cloutier, won the mixed individual pursuit ahead of Colombia and Brazil.

Karen Van Nest of Wiarton, Ont., settled for silver in women's archery, blaming jitters in front of the home crowd for partially costing her gold.

Jane Karla Gogel of Brazil edged Van Nest 140-132.

THE CANADIAN PRESS

Alexandre Cloutier and Daniel Chalifour of Canada react to the crowd after winning gold in the 4,000-metre tandem pursuit track cycling event NATHAN DENETTE/THE CANADIAN PRESS

SPORT EXPERTS

Toronto still lacking as Olympics bid nears

Toronto has invested in world-class sports facilities since its last bid to host the Olympics, but some experts say the city must do more to foster sports and recreation in the community if it hopes to make — and win — a third pitch for the Games.

Concerns over residents' access to sports and recreation were raised during Toronto's bid for the 2008 Summer Olympics, and some in the sports community say the city still struggles to keep up with demand for public sports infrastructure despite the construction of new elite venues for the Pan Am and Parapan Am Games.

> **The city does its best to keep up with the demand but there just aren't enough fields of play.**
> Heather Mitchell, chairwoman, the Toronto Sports Council

The city still lacks a "realistic, sustainable" plan to bolster sports and physical activity and make them more accessible to lower-income residents, said Bruce Kidd, a University of Toronto expert on Canadian sport and the Olympics.

"While we started that, we haven't done it significantly," he said in a recent interview. "We've got to do a much better job."

New rules set by the International Olympic Committee emphasize social as well as economic sustainability. "If they walk the talk, they'll be asking about that and they'll want evidence of a much greater investment in sports and physical activity in Toronto than we have now," Kidd said.

Talk of another Olympic bid began before the Pan Am Games ended on July 26. The Canadian Olympic Committee is firmly in favour, but Toronto Mayor John Tory says he wants to wait until after the Parapan Am Games — which end Saturday — to make a decision. Cities interested in hosting the 2024 Summer Games have until Sept. 15 to express their interest formally.

An Olympic bid could be the catalyst the city needs to invest in crucial neighbourhood facilities, said Heather Mitchell, chairwoman of the Toronto Sports Council, an organization created to promote sports after the 2008 failed bid.

"The City of Toronto does its best to keep up with the demand but there just aren't enough fields of play," largely due to budget restrictions, she said. Cricket enthusiasts are forced to play in nearby Brampton, while soccer fields and baseball diamonds are chronically overbooked, she said. Many pools are located in schools and only available during limited hours, she added. THE CANADIAN PRESS

IN BRIEF

Pollution suspected as U.S. rowers fall ill in Rio

Thirteen rowers on the 40-member U.S. team came down with stomach illness at the World Junior Rowing Championships — a trial run for next summer's Olympics — and the team doctor said she suspected it was due to pollution in the lake where the competition took place.

The event took place amid rising concerns about the water quality at venues for the 2016 Rio de Janeiro Olympics.

The Americans were by far the hardest hit at the regatta, with reports of vomiting and diarrhea.

THE ASSOCIATED PRESS

RECIPE Baked Chicken Caprese with Bocconcini and Tomato

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Serves 4
Ready in
Prep time: 10 minutes
Cook time: 17 minutes

Ingredients
- 8 boneless, skinless chicken thighs
- 1/4 cup all-purpose flour
- 2 Tbsp grated Parmesan cheese
- Salt and pepper
- 2 tsp vegetable oil
- 6 oz bocconcini cheese, sliced into 8 thin slices
- 2 plum tomatoes, sliced horizontally into rounds (1/4" thick)
- Chopped fresh basil
Balsamic Glaze (optional)
- 1/3 cup balsamic vinegar
- 2 Tbsp maple syrup

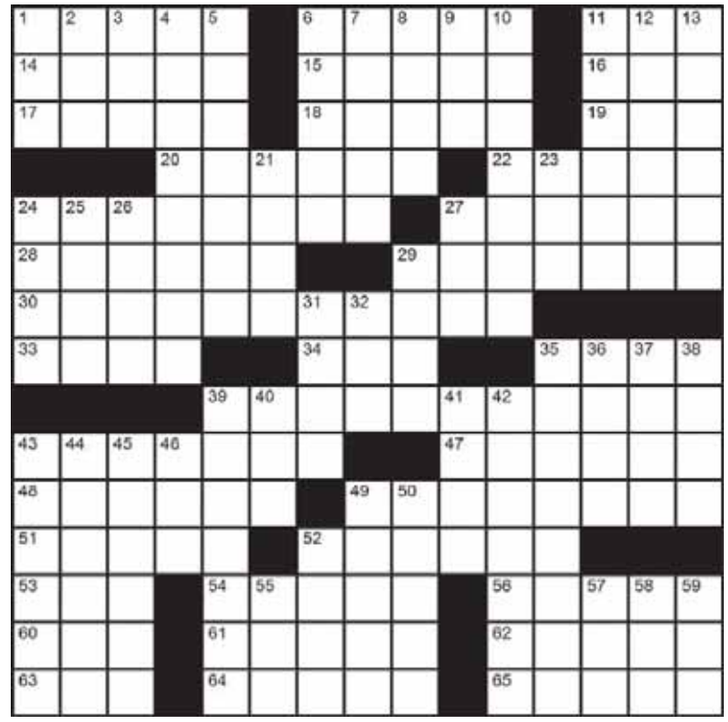
Directions
1. Preheat oven to 400 F.
2. Place flour, Parmesan and salt and pepper in dish. Coat chicken in mixture on both sides.
3. In a large hot skillet, sprayed with vegetable spray, add oil and sauté chicken just until browned on both sides, about 5 minutes.
4. Place chicken in baking dish. Baked for about 10 minutes or until chicken reaches 165 F.
5. Place cheese over top chicken.
6. Set oven to broil. Add chicken dish back in oven and broil for 2 – 3 minutes until cheese melts.
7. Garnish with tomato and fresh basil.
8. Glaze: In a small skillet, add balsamic vinegar and maple syrup. Bring to a boil and cook for 1 – 2 minutes, just until bubbles cover entire surface. Drizzle over chicken.

Nutrition per serving
- Calories 290
- Protein 10g
- Carbohydrates 40g
- Total fat 11 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canadian pickles brand
6. Chocolate substitute
11. Booker T.'s backup
14. Gregorian __
15. "Drop me _ _." (E-Mail me!)
16. Ginger __
17. Voyageur's craft
18. "Rasputin": 1978 disco hit for __ M
19. Hockey great Mr. Robitaille
20. Encrusting
22. Pontificate
24. The Ugly __ by Hans Christian Andersen
27. Eaten away
28. Resounded
29. Washing __
30. Name of Quebec's flag
33. Gus Van __ (Film director)
34. __-Tac-Toe
35. Restaurant receptacle
39. '_ __ __ (Thingy on the last letter of the answer to #30-Across, as well as on the last letter of #10-Down's answer)
43. Madonna song with a beach music video
47. Older, to a Scot
48. Teacher's correcting pen content: 2 wds.
49. Most weepy
51. Vocally drop a sound/syllable from a word, as per Rockin' instead of Rocking
52. Oscar-winning actress Hilary's
53. Western prov.
54. HBO political satirist Bill
56. French writer Mr. Zola
60. Address book no.
61. There's __ __ to it (It requires some finesse)
62. Up-and-coming Canadian singer/songwriter Francesco
63. Poetry's 'Before'
64. Stage in a dragonfly's life cycle
65. Rap star, __ Dogg

DOWN
1. E-Mail sending option [acronym]
2. Smashing Pumpkins co-founder James
3. Pepsi holder
4. Blow to end the boxing bout
5. Thief
6. Mountain retreat
7. Sing-__
8. Tree growth indicator
9. 1969 Three Dog Night hit
10. Sasha Fierce's alter ego
11. Country in Africa where Lilongwe is the capital
12. __-free bread
13. Break from a group
21. Captain William __ (Sailor hanged for murder and piracy in 1701)
23. Go team!
24. Meanings of words [abbr.]
25. Calif. campus
26. CBS' "Big Brother" host Julie
27. Station fuel
29. House critters
31. Carve into stone
32. Driver's need, briefly
35. Amulet
36. Drive
37. Many a moon
38. Portable dwelling of Mongolia
39. Offensive __ (Football position)
40. Call upon
41. Flatbread variety
42. Flops
43. Produce
44. Joseph __ (Catch-22 novelist)
45. What food is
46. Eliminate
49. Jerk
50. Orbiting astronaut's view
52. Deception
55. "Pick a card, __ card..."
57. '90s judge
58. Mr. DiCaprio, to pals
59. Clairvoyance, commonly

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You honestly believe there is nothing you cannot do and that may be true, but don't get so carried away with your own brilliance today that you miss a small but important detail.

Taurus April 21 - May 21
If you rely too much on other people now you will no doubt regret it later on when you discover that they don't know what they are talking about. Sometimes you can be a bit too easygoing.

Gemini May 22 - June 21
Even if you expect the unexpected over the next few days there will still be something that catches you out. The good news is it will be something you like.

Cancer June 22 - July 23
Everything is so quiet at the moment that you could be lulled into a false sense of security. Be careful you don't agree to something that is not in your best interests. You don't have to go along with what others want.

Leo July 24 - Aug. 23
You are entitled to feel pleased with yourself for what you have done, but what you have achieved in recent weeks is only the first stage.

Virgo Aug. 24 - Sept. 23
Your mind has been a bit muddled of late, so don't make any hasty changes. Jupiter's move into your sign today means good things are sure to come your way, but there is no time limit on success.

Libra Sept. 24 - Oct. 23
You seem to be finding it hard to put your thoughts into words at the moment but it could work in your favour as it means you are less likely to give away any secrets.

Scorpio Oct. 24 - Nov. 22
You have come through difficult times relatively unscathed and, more importantly, with your head held high, but don't get carried away because there are more challenges to come.

Sagittarius Nov. 23 - Dec. 21
Are your ideas touched by genius? Some say so, while others say you are mad. But who cares what other people think? It's what you want that matters.

Capricorn Dec. 22 - Jan. 20
The more reserved you have been in recent weeks the more likely it is you will give in to wild abandon. Don't worry too much if you make a spectacle of yourself.

Aquarius Jan. 21 - Feb. 19
You need to admit that you have taken a turn that you did not intend. You need to go back and do something about it. Unless you are enjoying this unexpected diversion.

Pisces Feb. 20 - March 20
Nothing in life happens without a reason and if you bear that thought in mind it should make it easier to deal with an event that on the surface seems senseless. Something sparked it off.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9		6			2	
	4				5			8
8				7	1			
						2	7	
5		4				1		3
	7	3						
			2	8				5
1			3				8	
	2			5		6		

We want YOUR opinion!
Join our Online Reader Panel and help make your **Metro News** even better.
Join for a chance to win a $25 gift card.
metronews.ca/panel
metro

STAPHA
AFRICAN PSYCHIC
Reuniting Loved Ones · Stopping Divorce
Removing Bad Spirits · Success in Business
Healing Protection
Results Guaranteed
403.802.0367

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: August 26nd - 30th, 2015
Next Seminar: August 13th, 2015 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

IRRELEVANT
theme packs
With Optik,™ you call the shots. Our smaller, more relevant theme packs mean you can get more of the channels you want and pay for less of the ones you don't.
Get a full year from
$50/mo.*
when you sign up for 3 years.
Take control. Call 310-MYTV (6988),
visit telus.com/calltheshots or a TELUS store.
TELUS

TELUS STORES

North East

Country Hills Town Centre

Marlborough Mall

Sunridge Mall

1353 32nd Ave. NE

2520 23rd St. NE

North West

Beacon Hill Shopping Centre

Market Mall

North Hill Centre

South East

Chinook Centre

Deerfoot Meadows

Shepard Centre

Southcentre Mall

3012 17th Ave. SE

4410 50th Ave. SE

4825 Macleod Trail S

6039 Centre St. S

6100 Macleod Trail S

7825 Flint Rd. SE

South West

Bankers Hall

Bow Valley Square

The Core

Shawnessy Shopping Centre

Westbrook Mall

Westhills Town Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

Airdrie

2145 Summerfield Blvd.

Cochrane

201 Grand Blvd. W

Okotoks

31 Southridge Dr.

118 Elizabeth St.

Rocky View County

CrossIron Mills

Strathmore

55 Wheatland Trail

*Offer available until September 14, 2015, to residential customers who have not subscribed to TELUS TV or Internet in the past 90 days. Cannot be combined with other promotional offers. Offer includes Optik TV Essentials and Internet 25. Regular prices apply at the end of the promotional period. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging, and regular pricing without notice. The Essentials is required for all Optik TV subscriptions. Offer not available with TELUS Internet 6. TELUS, the TELUS logo, Optik, Optik TV and telus.com are trademarks of TELUS Corporation, used under licence. All copyrights for images, artwork and trademarks are the property of their respective owners. © 2015 TELUS.